

L I V E S T R O N G . C O M  
THE LIMITLESS POTENTIAL OF YOU

Lose 25% more weight! Start now &gt;

FOOD | FITNESS | HEALTH | WEIGHT LOSS | LIFESTYLE | TRACK CALORIES | COMMUNITY | BLOGS

S e a

WHAT'S HOT: [Outdoor 101](#) | [Allergy Center](#) | [Power Foods: Eggs](#) | [One Great Answer](#)

✉ Sign up for our Newsletter!

Get advanced  
cancer care **here** »

TULSA



It's worth the trip.



KANSAS CITY

Cancer Treatment  
Centers of America®

Explore Our Tulsa Hospital

[Home](#) / [Diet & Nutrition](#) / [Protein](#) / [Protein In Food](#) / Protein Foods To Eat Before Bed

# PROTEIN FOODS TO EAT BEFORE BED

Mar 28, 2011 | By [Crystal Welch](#)

1 COMMENTS

f Like 28

Send

Pin it 1

Tweet 3



It is recommended that if you eat prior to bedtime, you eat protein foods that contain tryptophan which, according to [holisticonline.com](#), "converts to serotonin in the body, induces sleep and prevents waking." It is advised you avoid protein-rich foods like red meat since this can block the synthesis of serotonin and inhibit your sleep. There are a variety of foods you can snack on to help with gaining a good night's sleep.

  
**WAKE  
UP TO  
EGGS**

Click for more egg news



Brought to you by America's Egg Farmers



advertisement

## DAIRY FOODS

Drinking a glass of warm milk is a sleeping remedy that has been used for centuries states [holisticonline.com](#). Milk is a protein-rich source that contains tryptophan and promotes sleep enhancement cites the USDA. Yogurt has the same effect upon the body cites the USDA.

Dried egg whites contain large amounts of tryptophan and protein cites [nutritiondata.com](#). A one-ounce serving of dried egg white contains 23g of protein and 999 milligrams of tryptophan. Drinking a beverage containing egg whites can aid in getting a good night's sleep. It is recommended that you drink the beverage at least one hour prior to sleep time to give it time to properly digest.

**\$1249 Stomach Liposuction** Laser Liposuction Can Help You Get Rid of Stomach Fat for Good. SonoBelloS  
Sponsored Links

## SOY FOODS

Soy protein isolate is a soy-based food that comes in plain, enriched and flavored powdered versions. All varieties can provide you with plant-based plant sterols that can help you sleep cites the USDA. According to [nutritiondata.com](#), a one-cup serving of the powder can provide you with 88 milligrams of protein and 1,110 milligrams of tryptophan, a powerful sleeping agent.

A snack of roasted soybeans can provide you with 40 grams of protein and 575 milligrams of tryptophan cites [nutritiondata.com](#). If roasted soybeans (sometimes known as soy nuts) are not to your liking, you can eat the raw or baked versions of soybean. A serving size, according to the USDA, is one cup.

## SEEDS AND NUTS

Making a bedtime snack out of pumpkin seeds may help you sleep better. These seeds are high in both protein and tryptophan cites the USDA. According to [nutritiondata.com](#), eating a one-cup serving can provide you with 33 milligrams of protein and 578 milligrams of tryptophan. Sesame seeds and sunflower seeds are also high in both nutrients that can assist you with sleeping.

If you do not want to eat seeds, you can enjoy a variety of butters. Peanut butter, almond butter and walnut butter are protein-rich sources that contain respectable amounts of tryptophan cites the USDA. Eating some nut butter on whole grain crackers two hours prior to bed time will provide sleep-enhancing benefits cites [holisticonline.com](#).

## RELATED SEARCHES:

[Protein Foods High](#)

[High Protein Diet](#)

[High Protein Foods](#)

[Natural Sleep Aid](#)

[Foods](#)

[People Are Reading](#)

[Related Topics](#)



[Healthy Foods to Eat Before Bed](#)



[Foods That Are Rich in Magnesium, Potassium & Calcium](#)



[Protein Foods to Eat Before Bed to Delay Metabolism While Sleeping](#)



[Which Foods Can You Eat Before Bed to Help You Sleep?](#)



[What Foods Are High in Recommended Vitamins?](#)

## POULTRY

Turkey is known for containing large amounts of tryptophan. A good source of lean protein, turkey contains less saturated fats than red meats, thereby making it easier to digest. The protein in turkey will not interfere with the synthesis of serotonin in your body, either, cites the USDA. A three-ounce serving of turkey breast will provide you with 64 percent of the daily recommended allotment of protein. This portion size also contains a respectable 350 milligrams of tryptophan. Chicken breast, another lean protein source, has similar nutrient amounts cites the USDA.

**\$1249 Stomach Liposuction** Laser Liposuction Can Help You Get Rid of Stomach Fat for Good. SonoBelloS

**Can't Lose Weight?** "It's Your Hormones!" Says MD A Simple Thyroid Fix Is the Answer. Thyroid-Weight-Loss.cc

**Weight Food Journal** Make Taking Fiber Fun, Easy & Tasty With The Help Of Metamucil®. www.Metamucil.com/

**Negative Effects Of Soy Protein** Soy Foods Can Positively Affect Your Health - Read the Latest News Soy  
Sponsored Links

## REFERENCES

- USDA National Nutrient Database for Standard Reference; Release 20, USDA; 2008
- Nutritiondata.com

Article reviewed by Mary McNally Last updated on: Mar 28, 2011

1 COMMENTS



28



1



3

## TRENDING NOW



**Shape Up Your Face**  
(eHow)



**Eat This To Help You**  
**Quit Smoking**  
(YouBeauty.com)



**Is Lean Beef Healthy?**



**Calories in Cinemark**  
**Popcorn**



**Foods That Do Not Have Calcium**



**What Is Healthy to Eat Before**  
**Bed?**



**Food Sources of Tryptophan**



**5 Foods With Tryptophan**



**What Foods Do Women Eat to**  
**Stop Thinning Hair?**



**Tryptophan In Nutmeg**



**Is Eating Before You Go to Bed**  
**Healthy?**

more

## DIET & NUTRITION TOOLS



MyPlate



MyPlate D



Recipes





Body Fat  
Calculator



BMI  
Calculator

## RELATED SEARCHES:

[Health Diet Foods](#), [Diet Foods](#), [Protein Rich Foods](#), [WWW High Protein Foods](#), [Sleep Help](#)

advertisement

## MUST SEE: SLIDESHOWS & VIDEO



[How To Avoid Exercise-Related Breakouts](#)



[LIVESTRONG.COM Original Video](#)

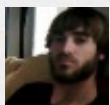


[The 29 Hardest Abs Exercises](#)

## MEMBER COMMENTS



Add a comment...



**Matthew Patrick Moran** · Craven CC

I love peanut butter. It's so creamy. Thanks for the info!

Reply · 1 Like · August 31, 2011 at 4:16pm

## YOU MAY ALSO BE INTERESTED IN



[The Benefits of Almond Butter Vs. Peanut Butter](#)



[Why Can't You Eat Nuts Before a Colonoscopy?](#)



[How to Soak Almonds in Water Before Eating](#)



[Calories in Roasted Sunflower Seeds](#)



[Does Eating Protein Before Bed Burn Fat?](#)

[Show More](#)

**FOOD FITNESS HEALTH WEIGHT LOSS LIFESTYLE TRACK CALORIES COMMUNITY BLOGS**

---

**L I V E S T R O N G™.COM**

---

### SIGN-UP FOR OUR NEWSLETTER

Get the latest tips on diet, exercise and healthy living.

Add Me

*Your email is safe with us. We hate spam too!*

---

**ABOUT**

**BLOG**

**CONTACT US & FAQ**

**ADVERTISE WITH US**

**PRESS**

**SITEMAP**

---

Copyright © 2012 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies. [Ad Choices](#)

